

# How to inject with NovoTwist®

Attach and remove your NovoTwist® needle with one, swift 'just twist' technique. The needle snaps in place with a click you can hear so that you can be confident it is attached correctly.



## Step 1:

Take a new needle and tear off the paper tab



## Step 2:

Push the needle straight onto the pen



## Step 3:

Turn until it is on tight



## Step 4:

Pull off the blue outer needle cap and keep it for later



## Step 5:

To reveal the needle pull off the clear inner needle cap and throw it away



## Step 6:

Inject by following the Instructions for Use that comes with your insulin pen



## Step 7:

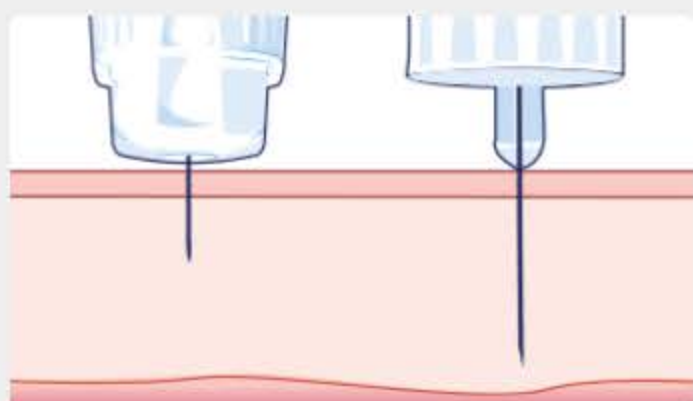
Replace the blue outer needle cap



## Step 8:

Twist to remove the needle from the pen and dispose of your needle safely

## Inject into the right part of the skin



- The medicine has to be injected into the fatty layer of the skin called the subcutaneous layer
- NovoTwist® comes in 8 mm and 5 mm lengths
  - The length of the needle could influence which injection technique you should use to ensure your medicine is correctly injected
  - Shorter needles such as NovoTwist® 5 mm, can be used regardless of BMI and reduces the risk of painful injections into muscle
- Your doctor or nurse will be able to tell you which technique is best for you

## Always use a new needle



Remember that pen needles are sterile products designed for single use only

Reusing a needle could:

- damage the needle tip and protective coating, making injections more painful and causing bleeding or bruising
- result in blockage, making it more difficult to deliver your medicine during the next injection
- increase the risk of breakage, which can damage your skin

## Correct needle disposal



To reduce the risk of injury to others, pen needles should be disposed of in a puncture-resistant container, such as a "sharps container", according to local regulations. Check local recommendations for discarding medical waste.